



3 easy ways to talk to a doctor or counselor

MSP/TSM provides telemedicine and counseling to you and your covered dependents. A visit costs \$0.* Here's how to get started.

1 Mobile App

1. Download the First Stop Health mobile app
2. Tap 'Find My Account' and set up your account using your employee ID

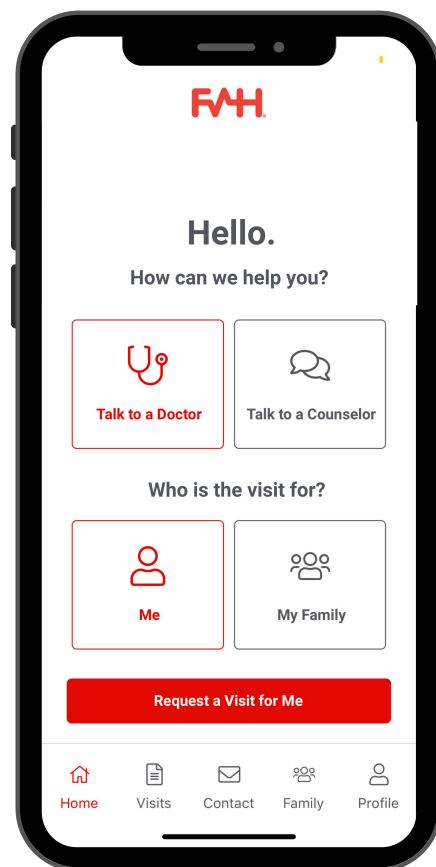


2 Website

1. Go to fshealth.com
2. Click 'Log In' in the upper right, then 'Find My Account'
3. Set up your account using your employee ID

3 Phone Call

1. Call 888-691-7867



*Doctors can write prescriptions when needed. Prescription costs are applicable to your medical plan.

233 N. Michigan Ave., Suite 1400, Chicago, IL 60601